

# Bullying: Understanding the Facts

## ***What is Bullying?***

It is a form of expressed aggression behavior towards another individual. This form of behavior is typically used to either demonstrate superior strength over another individual or to intimidate them.

## ***What is Cyberbullying?***

Same acts of bullying except performed electronically. Involves tormenting, threatening, harassing, and/or embarrassing another individual online or by phone texting. (dosomething.org, 2012)

## ***Examples of bullying:***

- Teasing, threatening, or intimidating
- Spreading rumors or name calling
- Physically or emotionally attacking another person
- Hitting, slapping, shouldering, pinching
- Shoving in a hurtful manner or restraining
- Destroying reputations, humiliating, Dirty looks, gossiping

## ***Statistics about Bullying***

-According to the American Medical Association, 3.7 million youths inflict the bullying behavior, while moderate or serious bullying victimizes 3.2 million students per year. (Bully Free, 2013)

- Almost 30% of youth are causing the bullying or being victimized by bullying!
- Bullying occurring from Kindergarten to the 12<sup>th</sup> grade
- 15% of students who are victimized by bullying reported missing school because of the fear of being bullied while in school (bullyingstatistics.org, 2010)

-43% of children reported being victimized by cyber bullying

- 70% of students reported seeing cyber bullying online
- Only 1 out of 10 will report the being victims of bullying to their parents

-Students reported being bullied because of one or more factors of the following:

- Race, Gender, religion, sexual orientation, or disability

-Sometimes the child or teen that has been victimized by bullying turn into bullies themselves to demonstrate retaliation for their bullying experiences

-There is 2 to 9 times greater chance of bully victims committing suicide

-Most children or teens that witness bullying don't understand what course of action to follow



## ***Why Kids perform Bullying Acts?***

- Copy their friends
- Attempting to fit in
- Believe they are superior

## ***Bullying makes kids...***

- Feel sad, lonely, or sick
  - To have problems at school
  - Feel unpopular and powerless
- (stopbullying.org, 2012)